

# Rheumatology Grand Rounds 2025

## Rheumatology Grand Rounds 2025 - Carpal tunnel syndrome and emerging non-surgical treatment options

February 14, 2025 – 9:00 AM  
Tucson

### Overall Activity Objectives:

- 1 Use practice algorithms designed specifically for rheumatic practice.
- 2 Utilize tests, imaging, procedures and interventions (i.e., non-pharmacologic, pharmacologic and surgical) with greater accuracy and more cost-effectively.
- 3 Diagnose patients with rheumatic and musculoskeletal diseases with greater accuracy.
- 4 Utilize appropriate clinical instruments to assess disease activity and functional outcomes.
- 5 Manage patients with rheumatic and musculoskeletal diseases with improved accuracy.
- 6 Avoid and/or minimize adverse events.
- 7 Improve patient outcomes for patients with rheumatic and musculoskeletal diseases.

### Session Objectives:

- 1 Enhance the understanding of carpal tunnel syndrome by recognizing its symptoms, functional impairments, diagnosis, prevention, and treatment options.
- 2 Understand the advantages and limitations of surgical and conservative approaches for managing carpal tunnel syndrome.
- 3 Explore emerging non-surgical carpal arch space augmentation techniques as a potential alternative for relieving symptoms and improving function of carpal tunnel syndrome.

### Accreditation Statement:

The University of Arizona College of Medicine - Tucson is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

The University of Arizona College of Medicine - Tucson designates this Live Activity for a maximum of 1.00 *AMA PRA Category 1 Credit(s)*<sup>™</sup>. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

### Relevant Financial Relationships Statement(s):

University of Arizona College of Medicine - Tucson Office of Continuing Medical Education adheres to the ACCME's Standards for Integrity and Independence in Accredited Continuing Education. Any individuals in a position to control the content of a CME activity, including faculty, planners, reviewers or others are required to disclose all financial relationships with ineligible entities (commercial interests). The CME office reviewers have nothing to disclose. All relevant financial relationships have been mitigated prior to the commencement of the activity.

Name of individual	Individual's role in activity	Nature of Relationship(s) / Name of Ineligible Company(s)
Ernest R Vina, MD	Activity Director	Nothing to disclose - 11/05/2024
Zong-Ming Li, PhD	Faculty	Nothing to disclose - 02/03/2025



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